



1143 Eifel AM
AFN Morning Newswatch
Weekdays at 5-9 a.m.

News Briefs

Correction

In the March 14 edition of the Eifel Times, Tech. Sgt. Renea Crawford, 52nd Operations Group, should have been listed in the "Eifel Salutes" as a wing-level aircrew life support award winner.

Wing's newest 0-6s and E-8s

The wing's newest colonels announced March 13 are Richard Naughton, 852nd Munitions Support Squadron, Buechel Air Base, Germany, and John Lent, NATO Allied Forces North, Ramstein Air Base, Germany.

The wing's newest senior master sergeants announced Wednesday are Daniel Becker, 52nd Fighter Wing; James Brown, 52nd Mission Support Squadron; Lucian Boyles, 52nd Logistics Readiness Squadron; Anthony Bunch, 52nd Operations Support Squadron; Christopher Cook, NATO Airborne Early Warning and Control Force E-3A Component, Geilenkirchen, Germany; Darryl Davis, 852nd Munitions Support Squadron, Buechel Air Base, Germany; Charles Faull, 52nd Maintenance Operations Squadron; Wanda Floyd, 52nd OSS; Russell Hastings, 52nd Communications Squadron; Annette Henderson, 52nd MSS; Alfred Kell, Combined Air Operations Center 2, Kalkar Air Base, Germany; Willard Lacy, NATO Allied Forces North Europe, Brunssum, Netherlands; Joseph Martini, 52nd MOS; Michael McElheny, 52nd Equipment Maintenance Squadron; Kenneth McClure, 52nd Civil Engineer Squadron; David McGuigan, 52nd Aircraft Maintenance Squadron; Russell McMahan, 52nd AMXS; Michael Scott, 470th Air Base Squadron, Geilenkirchen AB; Rudy Tingelhoff, 52nd OSS; Michele Tyler, NATO AIRNORTH; Garren Warwick, Detachment 9 Air Force News Agency; Jeffrey Wepner, 52nd CS, and Ruben Yabut, Reaction Forces Air Staff, Kalkar AB.

Airman appreciation

A Top 3 association and family support center sponsored airman appreciation barbecue takes place Thursday 5-7 p.m. in the Spangdahlem AB Chapel.

Protests

The following protests are slated to occur in Europe during the next few weeks:

Saturday — London, England; Royal Air Force Fairford, England; Amsterdam, Netherlands, and RAF Fairford, England.

Wednesday — RAF Lakenheath, England.

April 5-6 — Volkel Air Base, Netherlands.

April 19-20 - In more than 50 cities across Germany. American forces members and their families should

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Sandy setting

Wing members pitch in by pitching tents at a forward-deployed location.

See the photo feature, "Operation Tent City," on Page 4



Eifel Times

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Spangdahlem Air Base, Germany

March 21, 2003



2nd Lt Gerardo Gonzalez

606th heads out

Senior Airman Jessica Mashburn, 606th Air Control Squadron satellite communications system maintenance technician, speaks to an international reporter about the unit's mission. The 606th ACS deployed to the U.S. European Command area of responsibility in support of U.S. Central Command this week. Read more about the deployment in the article "Spangdahlem Air Control Squadron Gets the Call" on Page 2.

Community members discuss base issues in town hall forum

Story and photo by Airman 1st Class
Amaani F. Lyle
52nd Fighter Wing Public Affairs Office

Military members, family members and local nationals were among those in attendance at a town hall meeting led by Col. Stephen Mueller, 52nd Fighter Wing commander, Thursday evening.

The commander called the "straight talk" forum to answer tough questions and dispel rumors about deployment, discuss its impact on those left behind, and outline the vision for a multi-million dollar base expansion in the coming years.

Col. Mueller opened with acknowledgement of deployment uncertainty and stressed patience to those preparing to go.

"We have a lot of people locked and loaded and ready," said the commander. "They've been told for the last two months 'you could go any day.' A lot of our folks are tied to the political discussions that are going on. The waiting is the toughest part and we are at the mercy of the entire diplomatic process to be able to execute."

While the colonel was unable to shed any new light on diplomatic negotiations, he did offer projected deployment commitments, among them a cap of 179 days on orders and more than 1,500 base people sent to 18 locations in support of operations.

The commander also provided air expeditionary force cycle dates from March through November 2004.

Col. Mueller said the base could face a manpower decrease as high as 40 percent, which may impact certain services that



Herr Klaus Rodens, a German local national, voices his appreciation for the commander and the base's involvement with the community.

lack civilian and volunteer help. His strategy to weather the change was two-fold: prepare for cutbacks and lend services through community involvement.

"We have an amazing volunteer program, which stretches our ability to provide service," said the commander. "Organizations like the Family Support Center are willing to help, and the FSC is probably the most responsive organization in the wing when it comes to meeting members' needs."

When asked how summer travel to,

from and throughout Europe would be impacted by possible war, Col. Mueller encouraged people left behind to forge ahead with travel plans and said he'd try to keep them informed of hostility threats, if any.

"I would not stop coming to Europe because of potential war," he said. "I would contend that air travel is still extremely safe. And for local areas, we will try to inform people ahead of time where protests are taking place."

Discussions of protests and cutbacks seemed to be balanced by the commander's optimistic plans for more modernized housing and base facilities. The "Eifel Evolution" encompasses the Rhein-Main transition program, and contains models for a new medical facility, northwest front gate, fitness center and collocated club.

"We've got about \$75 million of Rhein-Main transition program money already committed to date," said the commander. "The whole program is worth about \$160 million."

According to Col. Mueller, base facility transition and improvement includes plans to move away from base stairwell housing and increase square footage in government leased housing units.

Other highlights of the meeting included a commendation to the Bundeswehr for their assistance in force protection and a pledge to increase polizei patrols in GLH neighborhoods.

See Meeting, Page 2



Staff Sgt. Tim Cook

Teacher makes tech

Newly promoted Tech. Sgt. Lonney Johnson, Pitsenbarger Airman Leadership School instructor, shows off his Stripes For Exceptional Performers certificate with Col. Stephen Mueller, 52nd Fighter Wing commander and Chief Master Sgt. Ken McQuiston, 52nd FW command chief master sergeant by his side. The STEP program is a complete personal and career evaluation used when an individual's duty performance warrants immediate promotion.

AF officials put hold on critical skills loss

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON - The Assistant Secretary of the Air Force (Manpower & Reserve Affairs) has authorized the use of Stop Loss in order to retain specific skills needed to meet national security objectives. Effective May 2, 43 officer and 56 enlisted specialties are "stop lost."

"We do not take this action lightly," said Secretary of the Air Force Dr. James G. Roche. "Stop Loss is designed to preserve critical skills essential to supporting the Global War on Terrorism, while ensuring we're prepared to meet other contingencies."

"We've implemented Stop Loss to ensure we have the necessary skilled personnel to conduct operations," said Air Force Chief of Staff Gen. John P. Jumper. "We'll use it only as long as necessary to accomplish our mission."

Stop Loss is being implemented across the total force (active duty, Air Force Ready Reserve, and Air National Guard) for the above career fields and affects all airmen in the rank of colonel and below, according to Maj. Teresa L.

Forest, chief of Air Force retirements and separation policy at the Pentagon.

Both the secretary and chief of staff are acutely aware that the Air Force is an all-volunteer force and that this action, while essential to meeting the service's worldwide obligations, is inconsistent with the fundamental principles of voluntary service.

"We take Stop Loss seriously and are working hard to ensure the lives of our airmen, their families and their civilian employers are not disrupted any longer than is necessary to meet our national commitments," Gen. Jumper said.

Therefore, a waiver process will be implemented for those people with unique circumstances.

"We are doing our best to minimize this disruption," Dr. Roche said. "And we will look at unique circumstances on a case-by-case basis and do all we can to offer appropriate relief."

For more information about Stop Loss, members can visit the Air Force Personnel Center Web site at www.afpc.randolph.af.mil.

Spangdahlem air control squadron gets the call

606th heads out to provide command control operations to support on-going war effort

By 2nd Lt. Gerardo Gonzalez
52nd Fighter Wing Public Affairs Office

About 150 people from the 606th Air Control Squadron here deployed this week to an undisclosed location in support of U.S. Central Command and future operations as may be directed.

Members of the 606th ACS spent the week conducting last minute checks of their packaged equipment, which includes TPS-75 ground control intercept radar, to ensure deployment readiness.

The 606th ACS is a self-sufficient unit capable of deploying anywhere and setting up command control operations within 24 hours, said Lt. Col. Scott Fischer, 606th ACS commander. Once set up, the unit remains operational 24-hours a day providing aircraft and commanders with theater air space control.

"The communications capabilities that we provide and the fact that we're a constant presence is what our commanders can depend on us for," said Lt. Col. Fischer, who took command of the unit in February.

"We're responsible for force marshalling," said Master Sgt.

Patrick Wilson, 606th ACS weapons director. "We basically deconflict."

"Deconflicting" involves directing aircraft to where they need to be, the weapons director said. Aircraft may need to be directed to different locations to accomplish a given mission or they may just need to be placed at different altitudes so they don't run into each other.

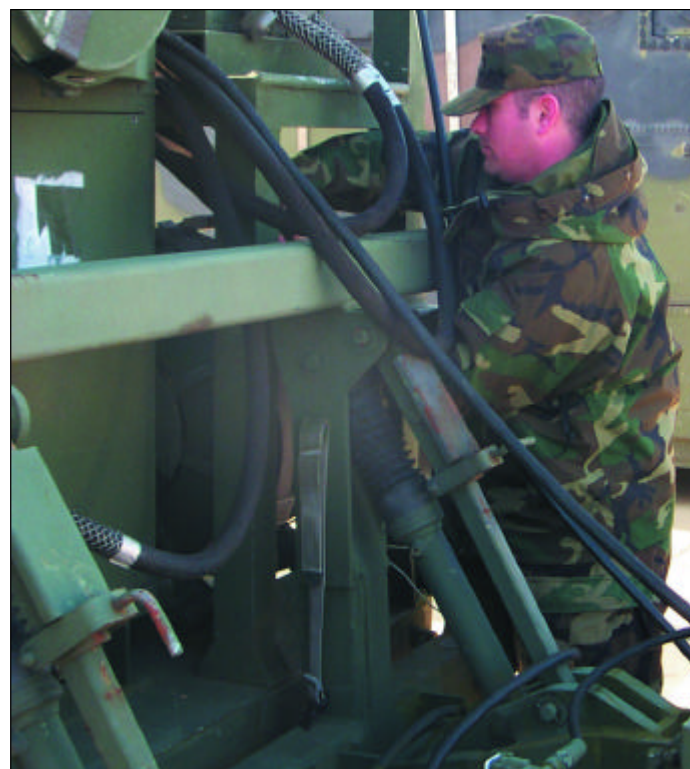
The unit provides an air picture for commanders to make real-time decisions, Master Sgt. Wilson said, who is no stranger to deployments. His previous journeys include Operations Allied Force, Southern Watch and counter-drug missions in South America.

As he embarks on another deployment and in light of the current world political situation, the 606th weapons director is well aware of what may lie ahead.

"No one wants to go to war, but it's something that I signed up to do," he said. "I'll do whatever President Bush asks me to go do, whenever he asks me to go do it."

"It's a little nerve racking," said Senior Airman Jessica Mashburn, 606th ACS, satellite communications system technician, whose husband, Staff Sgt. Gary Mashburn, is a member of the unit and deployed this week. "But I think he's ready and prepared to do the job. I have faith in him and his troops."

"My wish is to make sure that if we do have to execute a mission, that we execute it to the best of our ability and I bring every single one of my guys back to Spangdahlem safely," Master Sgt. Wilson said.



2nd Lt Gerardo Gonzalez

Staff Sgt. Christian Ambrose, 606th Air Control Squadron computer maintenance technician, makes some last minute checks on an environmental control unit slated for deployment.

Briefs

Continued from Page 1

remain aware of their surroundings and practice force protection measures. Wing members are encouraged to report suspicious activity to the 52nd Security Forces Squadron at 452-6666 or Air Force Office of Special Investigations at 452-6291.

Spouses group meetings

■The 52nd Aircraft Maintenance Squadron Spouses Group meets Thursday at 6 p.m. in the base bowling center. To register, e-mail mjb79@aol.com.

■The 52nd Equipment Maintenance Squadron Spouses Group meets Tuesday at 6:30 in the Spangdahlem AB Chapel.

■The 52nd Maintenance Operations Squadron Spouses Group meets April 9 at 5:30 p.m. in the Saber Club.

ECAMP briefings

U.S. Air Forces in Europe team members arrive this weekend to conduct a weeklong assessment of base environmental programs. The in-brief takes place Monday at 9 a.m. and the out-brief is March 28 at 2 p.m. at the base theater. All base members involved in base environmental programs are encouraged to attend. Lt. Col. Michael Giroux, 65th Mission Support Group commander, Lajes Field, the Azores, is the assessment team leader.

Motorcycle safety course

A motorcycle safety and experienced rider course takes place April 4-5 in Spangdahlem AB building 316. The course is required to obtain a U.S. Air Forces in Europe motorcycle license. Call the 52nd Fighter Wing Safety Office at 452-7233 for details or to register.

Meeting

Continued from Page 1

"Like the Bundeswehr, the polizei helping us is another indication of the good relationship we have with German community."

One attendee lauded the colonel and seemed to reinforce the strength of base community relations.

"I'm very happy to have you over here and that's the way we want it," said Klaus Rodens, a local national.

The meeting ended with a reminder of the purpose and importance of town hall discussions.

"We make choices with our money, such as where do we take the money from?" he queried. "That's why these discussions are so important." Col. Mueller also mentioned the commander's corner and key spouses group in addition to town hall meetings as effective ways to get questions answered, dispel rumors and be involved in the evolution of the installation.



1st Lt. Christopher M. Beckley, 606th Air Control Squadron mobility and logistics officer in charge, is this week's Top Saber Performer.

Staff Sgt. John Barton

Top Saber Performer

Name: 1st Lt. Christopher M. Beckley

Unit: 606th Air Control Squadron

Duty title: Mobility and logistics officer in charge

Hometown: Sheboygan, Wis.

Years in Service: Three

Nominee's contributions to 52nd Fighter Wing mission success: One of 1st Lt. Beckley's most lauded achievements is the successful coordination of one of the first operational deployments of a U.S. Air Forces in Europe air control squadron in a former Warsaw-Pact country, said his supervisor 1st Lt. Aaron Hatch. On short notice, he oversaw all aspects of the planning and execution of Operation SUMMIT CAP in November, in which the 606th ACS logged more than 22,638 miles in a convoy to Prague, Czech Republic. There, the squadron provided critical command and control communications, data links and aircraft control, including early warning and surveillance to U.S. and NATO air assets.

Off-duty volunteerism and professional development pursuits: I play trombone in the Biersdorf community band, said 1st Lt. Beckley. We play standard German and American band music at local summer festivals and other events.

What do you do for fun? Sightseeing in Europe. So far, I've explored the Eifel region, Edinburgh, Scotland and Paris. My favorite trip was to Edinburgh where we celebrated New Year's Day Scottish-style.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see the parking lot near the base theater on Spangdahlem opened again.



Staff Sgt. John Barton

Members of the 606th Air Control Squadron Combat Readiness Section make up this week's Top Saber Team.

Top Saber Team

Unit name: 606th Air Control Squadron, Combat Readiness Section

Unit responsibilities: The combat readiness section takes care of all the deployment-related aspects of the 606th ACS, a deployable 264-person mobile air control squadron. This includes directing all unit members during the preparation, loading, and packing for air, sea, or ground transportation for more than three million pounds of equipment to forward deployed operations theaters. The section provides unit-combat capability, providing site defense, disaster preparedness, chemical warfare defense and more. This enables the squadron to sustain continuous operations indefinitely.

Number of members: Nine, including six different Air Force specialties.

How does the team fit into the 52nd Fighter Wing's mission? This past year the unit spent six months preparing for an early October NATO Operational Assessment. Two weeks before the deployment, the team received a last-minute tasking to deploy and ensure the safety of the NATO Summit in Prague, Czech Republic. The operation was successful due mainly to the section's behind-the-scenes efforts. The U.S. Air Forces in Europe commander praised the section saying, "(The team) had done more for NATO command and control interoperability than I've been able to do in three years!"

Eifel Salutes

52nd Operations Group

Aye, aye captain! Thanks to **Capt. Larry Hutson** for outstanding support of one of the mission support group troops. A "friend" indeed is **Senior Airman Matthew Perry**, who set up the electronic sound system in the main briefing room for the 23rd Fighter Squadron. The quality sound he ensured for training and briefing was music to everyone's ears! **Maj. James Robinson** proved himself a smooth operator as acting 23rd Fighter Squadron director of operations.

52nd Mission Support Group

We "auto" give the **Spangdahlem auto skills shop** a big hand for their assistance to a spouse who needed repair on her car. Almost immediately, the team of motor pros, under the wing "dynasty" of acting manager **Mr. John Forsyth**, assessed the car as needing extensive work and helped coordinate the closest dealer repair center. With the help of Air Force Aid, the teamwork displayed by all involved made both the repair and the rental car happen. **Ms. Ashley McClanahan** didn't avoid the responsibility of professionally and single-handedly main-

taining the utility tax avoidance program despite the 50 percent manning loss due to personnel leaves. Three cheers for **Staff Sgt. Garet Vannes**, flight quality assurance NCO, who conducted ten team evaluations and two functional area inspections in 30 days. **Mr. Jeff Visosky**, **Tech. Sgt. Amy Hogan**, and **Staff Sgts. Kevin Gillick** and **Richard Shepard** set up "The Best Little Warehouse in Zemmer," by connecting it to the rest of the Spang network, ensuring data could quickly and efficiently be shared with the clinic. Kudos to **Staff Sgts. Brenda Davis**, **Robert Clem** and **Senior Airman Chad Williams** of the 52nd Logistics Readiness Squadron for keeping the wing's mission rolling. The three vehicle dispatch troops pulled out all the stops in obtaining buses and vans for two short notice media events on Tuesday and made the occasions a moving experience for everyone involved.

52nd Civil Engineer Squadron

"This is your captain speaking..." hats off to civil engineer squadron members who spent a Friday and Saturday adjusting airfield lighting and runway threshold markings. Their efforts contributed enormously to safer flying operations. The members, led by **Master Sgt. David Lennemann**, are painters **Herr Bernard Lersch**, **Herr Erich Kremer** and **Herr Guiroga Fernandez**; electricians **Tech. Sgt. Juan Garcia**, **Tech. Sgt. Joseph Handy**, **Staff Sgt. Cecil Clark**, **Senior Airman Mark Jurek**, and **Airmen 1st Class Rogdrequis Thomas** and **Brandon Tinch**; engineering team members **Staff Sgt. Jason Rusticelli**,

Airmen 1st Class Louis Almaguer and **James Earwood** and **Airman Nicholas Adams**; structures team members **Senior Airman Russell Graves** and **Airman 1st Class Eric Vice**; pavements and equipment team members **Staff Sgt. Joseph Walkup**, **Senior Airman Darrell Vanish**, **Senior Airman Matthew Perry** and **Michael Filler**, **Airmen 1st Class Nicholas Montgomery**, **Jonathan Wilford** and **Airman Jacob Hawkins**.

52nd Medical Group

Brace yourself: **Staff Sgt. Aisha Fogle** of the Bitburg dental clinic amazingly juggles patient scheduling, full-time assistance to a very busy orthodontist, **Maj. (Dr.) William Beaber**, and provides oral hygiene instructions for orthodontic patients. And with that pleasant personality and beautiful smile, who wouldn't want to "retain 'er?" ... **Staff Sgt. Robert Fowler** had the lock on public key infrastructure system training, giving informative and interesting information to dental squadron and aerospace medicine personnel during commander's calls. What a shot in the arm to

hear that **Tech. Sgt. Edith Fields** provided timely information on several short-notice, drop-everything, vaccine-status taskers. **Staff Sgt. Darryl Brooks** is the sorta guy that could sort out issues when medics encountered some difficulties at their deployment site.

52nd Maintenance Group

Staff Sgt. Jennifer T. Blanco was personally responsible for getting a 700-line item deployable benchstock valued at more than \$33,000, which enabled maintenance to sustain 30-day operations bare-base deployments without logistical support. **Staff Sgt. Nancy Deosta-Peiler** has risen to number one with a bullet for her superior knowledge of munitions stockpile inventory procedures during a semi-annual inventory to include items valued at more than \$21 million. She was armed with a 99.7 percent accuracy rate and 100 percent accountability 16 days ahead of schedule. Watch out for **Staff Sgt. Ernest Jones**, who monitored a \$140,000 transient alert contact while tracking and performing more than 60 different maintenance inspections. **Tech. Sgt. William Bullock** is the new NCO in charge whose section mobilizes one of the largest squadrons on base. Way to step in and get things movin'! ... Struttin' their stuff were **Staff Sgt. Kristina Shute** and **Senior Airman Christina LaMantia**, who found cracks in three tension struts. Their actions ensured the continued safety of aircraft and aircrew during the landing of F-16s.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani F. Lyle, 52nd Fighter Wing Public Affairs Office)

Joint Meritorious Unit Award

The Chairman of the Joint Chiefs of Staff has awarded the Joint Meritorious Unit Award

to Combined Task Force headquarters, Operation Northern Watch, Incirlik, Turkey

for exceptional achievement from Jan. 1, 2002 to Dec. 31, 2002.

Armed forces members who were present at the time and directly participated in the service or achievement for 30 days or more are authorized to wear the medal. Local commanders may waive the 30-day requirement on a case-by-case basis for qualifying members. For more information, call the base military personnel flight performance reports and decorations section at 452-6221.



Photos by Staff Sgt. Kimberly Drake

Members of the 52nd Air Expeditionary Wing from Spangdahlem Air Base assemble tents March 13 for a tent city at a forward-deployed location. Members from various Air Force units world-wide are currently deployed with the 52nd AEW in support of the war on terror and future operations as may be directed.

One up ... *How many more to go?* Wing members pitch in to construct desert domiciles for 'Operation Tent City'



Providing deployed troops a bed to call home is key to making sure they get a good night's rest. Master Sgt. Jeff Short, 52nd AEW senior munitions inspector, unloads a pallet of cots.



Left, Senior Master Sgt. Andy Flores, 52nd AEW services superintendent, joins together tent beams. Above, members of the 52nd AEW tent setup team take a break out of the sun in the first of many tents assembled that week. Right, Staff Sgt. Craig Cooper, 52nd AEW liquid fuels maintenance craftsman, tethers together canvas walls.



Community Mailbox



Block party

The Spangdahlem Air Base Teen Fun Run, Walk and Roll block party takes place April 19 from 10 a.m. to 1 p.m. at Bitburg Middle School. The planning committee seeks individuals, clubs and organizations to perform and set up booths. Call Karen Bradley at 06565-616697 for more information.

CAC news

The following events take place in the base community activity center ballroom, unless noted otherwise. Call 452-7381 for details.

■ACT-Eifel performs “The Diary of Anne Frank” tonight and Saturday at 7 p.m. in the community center ballroom. Tickets cost \$8 for adults and \$4 for children under 12.

■Sign up for guitar lessons from an accomplished classical guitarist. Classes begin April 3 from 6-8 p.m. Cost \$15 per half hour.

■Spanish classes begin April 1 and take place 6-7 p.m. each Tuesday and Thursday through May 22. Cost is \$45 per person.

Children’s storytime

Storytime for children ages 2-5 takes place each Wednesday at 9:30 a.m. in the Bitburg Annex library. The event is free. Call 452-9056 for more information.

Auto parts yard

The base’s new auto parts yard opens soon. It’s located in building 199C, across from the Saber club. Call 452-6842 for details.

Skills development center news

The following classes take place in April in Spangdahlem building 189. Call 452-6841 to register.

■Art class, watercolor landscapes, begins April 3 at 11 a.m. Cost is \$10 per class, plus supplies. An intermediate drawing class begins April 1 at 11 a.m. Cost is \$10, plus supplies.

■Beginner framing, April 5 from 9 a.m. to noon. Cost is \$25. A one-day advanced mat-cutting class takes place April 12 from 9 a.m. to noon. Cost for the class is \$15. Students must pre-register at least two days in advance by calling 06565-955980.

■Basketweaving, April 17 from 5-10 p.m. in Bitburg Annex building 2002. Cost of the class is \$25, plus \$15 for supplies.

■Basic auto care, April 23, 5-6:30 p.m. Cost is \$10. Call the auto skills shop at 452-6842 to register.

■Tole painting, April 24 from 5:30-8:30 p.m. Cost is \$12, plus the cost of wood.



Ms. Jane Allen

Tell a friend

Rebecca Hunt, paints a young Team Eifel member's hand after brushing designs on her face at the Bitburg Annex family support center deployed family day event Feb. 1. The Bitburg Annex FSC holds a second deployed family day Saturday. Activities include morale calls at 10 a.m., lunch at 11 a.m., and face painting, a play and children's games throughout the day. Call the center at 452-6894 for details.

Students must sign up for the class at least seven days in advance. A class also takes place April 22 from 5:30-8:30 p.m. in Bitburg Annex building 2002. Cost is \$25, plus \$15 for supplies.

■Quilting, begins April 26 at 10 a.m. in Bitburg Annex building 2002. Cost is \$25.

School news

Spangdahlem elementary

■Registration for kindergarten students for the next school year takes place in the registration office from 8:30-11:30 a.m. and 1-3:30 p.m. each day. Students must be born between Nov. 1, 1997 and Oct. 31, 1998. Parents should bring a copy of their orders with DEROS after Sept. 2, with dependents listed; student’s immunization records, student’s passport or birth certificate, and student’s social security number. Registration dates are April 7 for last names A-E, April 8 for F-J, April 9 for K-M, April 10 for N-R and April 11 for S-Z.

Spangdahlem middle

■School registration takes place April 17-18 from 8-11 a.m. and 12:30-3:00 p.m. Registration packets will be mailed to all sponsors in early April. Parents should bring the packet, child’s passport, and child’s shot records to registration.

Bitburg elementary

■School registration dates take place 8-11:30 a.m. and 1-3:30 p.m. on the following dates: April 21-25 for last names A-L and April 28-May 2 for M-Z. Parents should visit the main office to register. New kindergartners must be 5-years-old by Oct. 31, 2003.

■The BES Parent, Teacher Association holds family bingo night March 28 from 6-8 p.m. in the school gym. The event features prizes and food. Children must accompany parent or parents to attend. For more information, call Shawna Weeg at 06561-695840.

TRIWEST fraud update

Those who think they may be credit fraud victims can visit www.triwest.com, click on “alert” and look for Personal Information Verification Form. Type in the information at the bottom of the page, click on credit fraud alert form and follow the directions.

Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■Preseparation consultation, Monday and March 31 from 9-10:30 a.m.

■Predeployment briefing, Tuesday from 1-2 p.m.

■Resume writing, Thursday from 10 a.m. to noon.

■Career profiling, Thursday from 1-3 p.m.

The following workshops take place in Bitburg Annex building 2001.

■Creative critters, Monday and March 31 from 10-11 a.m.

■Deployed movie night, every Tuesday from 6-8:30 p.m.

■Key spouses orientation, Wednesday from 10 a.m. to noon.

■Family skills group, Wednesday, 6-8 p.m.

Volunteer recognition ceremony

The annual event takes place April 24 and award categories are expanded to recognize as many different individuals and groups as possible. Nomination packages are due March 28. Call L. Kelly Childs at 452-9491 for details.

Academic achievements

The Army, Air Force Exchange Service “You Made the Grade” program recognizes students in grades 6-12 for their academic achievements. Students with “B” averages or better can bring their report cards to the local base exchange to receive a coupon book with savings of \$50 on footwear, fragrances and fast food. Entry forms for U.S. Savings Bond drawings are included in the coupon package.

Staying fit

March is National Nutrition Month and the base health and wellness center is spreading the word about nutrition. The HAWC offers the following classes in Spangdahlem AB building 130, unless otherwise noted. Call 452-9355 for details.

■Nutrition information with blood pressure checks in the Spangdahlem base exchange, Saturday from noon to 3 p.m.

■JumpStart class Tuesday from 9-11 a.m.

■Sports nutrition class Thursday, 3-4 p.m.

Pet Spa news

Puppy socialization class takes place each Tuesday April 22 through May 27 from 7-8 p.m. Cost is \$30 per pup. Call 452-9362 for more information.

EDIS news

Infant and toddler developmental screenings take place each first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic at Spangdahlem AB, building 161. EDIS also offers screenings each second and fourth Monday in the Bitburg Annex Chapel. Call 452-8238 for details.

Playgroups

A preschool playgroup meets each Tuesday from 9:30 to 11:30 a.m. in Spangdahlem AB military family housing building 409-C. A playgroup meets in the Bitburg Annex temporary lodging facility, building 2. Playgroups offer parents the opportunity to build a support network. Call Ms. Michele Linnen at 452-8279 for more information.

Internet use special

Deployed spouses can use the Internet free for one hour at the Internet Cafe with a copy of their spouse’s deployment orders. Call 452-5326 for more information.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.



Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.
■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Sortie
Scoreboard

Unit	Goal	Flown
22FS	62	102
23FS	127	82
81FS	92	78

Sorties flown
March 10-16

(Courtesy of the 52nd Maintenance
Squadron Plans and Scheduling Section)

Viewpoint

March 21, 2003

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Commander's view

Personal readiness puts the 'E' in AEF

By Lt. Col. Steven Kempf
23rd Fighter Squadron commander

It's almost impossible to turn on the news these days without hearing or seeing the latest on the situations in either Iraq or North Korea. While tensions in the world are running high and many members of the 52nd Fighter Wing are deployed or preparing to deploy, it's important to keep in mind that mobility preparations are a critical part of our combat capability, regardless of the current world situation.

The inherent capabilities of airpower mean that the U.S. Air Force is an "expeditionary" force by nature — we don't fight in place, rather we rapidly deploy our combat capability around the globe to wherever it's needed, whenever it's required. The foundation of the expeditionary capability of airpower is built upon our mobility preparations and the readiness levels that we maintain on a daily basis.

In the summer of 1990, the United States was primarily concerned with the threat from the Soviet Union and focused on the possibility of war in central Europe. Few could foresee the Iraqi invasion of Kuwait and the crisis that would follow. Despite the lack of warning, the United States was able to rapidly respond to this new threat and within hours of the Iraqi invasion, Air Force assets were enroute to the Persian Gulf to deter further Iraqi aggression and ultimately drive Iraqi forces out of Kuwait.

Operations Enduring Freedom and Allied Force are contingency operations that, in recent history, have demonstrated the U.S. Air Force's ability to quickly deploy and employ anywhere in the world.

How does this apply to us as wing members?

Most of us at Spangdahlem Air Base are part of unit type codes assigned to an (air expeditionary force) AEF rotation. We're tasked against a "normal" AEF cycle and may deploy as an entire squadron or as smaller teams designed to augment other units or headquarters functions in a particular

"The foundation of the expeditionary capability of airpower is built upon our mobility preparations and the readiness levels that we maintain on a daily basis."

region. The AEF structure that we have grown used to over the past few years was designed and implemented to provide deployment stability under routine conditions. However, these times aren't "normal" and the call for additional forces in the AOR (area of responsibility) has caused a major shift away from the traditional AEF taskings and timelines. Many of us from Spangdahlem AB are being called to various places in and around the AOR and the seriousness of the world situation means that we sometimes receive little prior notice for our deployments.

The ability to successfully deploy lies in our mobility preparations. There are two main aspects this preparation — physical and mental. The physical aspect is one that we're generally familiar. These are the tools and training that are required items for

any deployment. Our unit deployment managers help keep us fully up to speed on immunizations, weapons qualifications, required academics and other training so we can get out the door in a moment's notice. The series of Phase I exercises we experienced over the past year helped the 52nd Fighter Wing hone the physical skills associated with mobility preparation. This combat capability was fully evaluated and successfully demonstrated during the Phase I Operational Readiness Inspection this past fall. Our physical ability to deploy is constantly evaluated and refined and the wing stands ready to go anywhere at any time.

The other part of deployment preparation is just as important — the mental aspect. As many at Spangdahlem have discovered recently, we don't always have the luxury of 12-months notice prior to a deployment as we did with AEF rotations. The call to deploy may come with very little notice leaving minimum time to prepare. It's important that we are mentally prepared for this contingency and even more important that our families and friends are ready for our deployments as well.

The presence of the mobility bag in the trunk in your house serves as a reminder that we are "on the hook," but we must take time to prepare our spouses, parents, friends, and children too. Our families play a huge role in our ability to be effective and it's imperative that we include them in our deployment preparations.

It's impossible to fully prepare for the stress of family separation, but helping family understand the nature of our business makes us better able to handle deployments in these uncertain times.

Security issues

Security calls for computer policy refresher

Compiled by the 52nd Fighter Wing Information Assurance Office

The 52nd Fighter Wing has numerous policy letters wing members should be familiar with.

Three of them include:

"Use of Government Computers for On/Off Duty Education"

Government-owned computers are for authorized use ONLY. This includes furthering one's professional and military education (with the exception of weighted airman promotion system and specialty knowledge test commercial study notes and material - see below). Requests must be submitted to and approved by the unit commander. To cut down on paperwork, a squadron-wide policy can be implemented.

"WAPS/CDC Software Policy for Government Computers"

Commercial study guide software may not be loaded on government-owned computers. Career Development Course review exercises,



es, etc., may be placed on the training office computer to help individuals prepare for upgrade training only.

"E-Mail and Network Abuse Policy"

Some examples of prohibited use:

- Auto-forwarding official e-mail messages to off-base commercial accounts or another .mil e-mail address. This is typically used so when people go on leave they can't auto-forward your e-mail to your boss, troop or any other individual's

e-mail account. Use the "Out of Office" function instead, if feasible.

- Viewing inappropriate material which may have adverse effect on good order and discipline. This includes pornography, hate mail, etc.

- Visiting gaming, chat or hacker sites.

- Using commercial Web-based e-mail for official correspondence, such as Hotmail, America Online, Compuserve, Yahoo!, etc.

- Using data streaming applications other than for official business, including Real Player audio/video, PointCast, etc.

- Modifying the system configuration without first getting permission from the administrator.

- Using someone else's user ID and password. It's not uncommon for executive personnel to give passwords to their administrative assistants. This is prohibited. Use organizational accounts that allow access for several individuals.

- Permitting any unauthorized individual access to the network.

- Using government-provided computer hardware or software for other than official or authorized government use. Examples include morale use of e-mail where it does not impact work-center duties or network service and doesn't have an adverse effect on good order and discipline.

- Subscribing to mailing lists without commander approval.

- Downloading unapproved software.

- Excessive use of server storage space.

- Writing, forwarding or participating in further propagation of chain or hoax e-mails.

- Granting anyone other than the work group manager administrative privileges.

Violations will results in administrative action and suspension/removal of network privileges.

Movies

All movies play at 7 p.m. unless indicated. More synopsis information is available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

The Recruit (PG-13)

A young CIA agent trainee suspects his instructor of being a double agent for the Chinese government. (Violence, sexuality and language.)

Saturday

Lord of the Rings: The Two Towers (PG-13)

The second book of the Tolkien trilogy. Frodo, a hobbit, braves dangers to destroy an evil ring of power. (Violence.)

Sunday

The Wild Thornberrys (PG, 4 p.m.)

Sisters Eliza and Debbie don't always get along, but their relationship is put to the test when Debbie's life is in danger. To save her sister, Eliza might have to give up her secret. (Peril.)

The Recruit

Closed Monday and Tuesday

Wednesday

Two-Weeks Notice (PG-13)

George doesn't make a move without Lucy, his chief counsel at Wade Corp. However, after years of calling the shots, Lucy is calling it quits. Is it too late to say, "I love you?" (Sexual humor.)

Thursday

The Recruit

Spangdahlem Skyline

Today

Shanghai Knights (PG-13)

Chon Wang and Roy O'Bannon head to London after Chon's estranged father is murdered by a Chinese rebel. Chon's sister, Lin, also arrives and uncovers a plot to murder the royal family. (Violence and sexual content.)

Antwone Fisher (PG-13, 10 p.m.)

Antwone is ordered to see a Navy psychiatrist to learn to control the anger impulses that cause him to fight with shipmates. His therapy inspires him to seek out the family that abandoned him as a child. (Violence and language.)

Saturday

Pinocchio (G, 4 p.m.)

Pinocchio, a wooden puppet comes to life and desires to become a real boy. Despite guidance from a fairy and his father his curious spirit leads him into wild adventures.

Shanghai Knights

Catch Me If You Can (PG-13, 10 p.m.)

Based on the true story of a young man who lives a life of crime through forgery. An FBI agent is so amazed by the forger's abilities that he works out a deal that gets him out of prison and into the FBI. (Sexual content and language.)

Sunday

Pinocchio (4 p.m.)

Catch Me If You Can

Monday

Shanghai Knights

Tuesday

Antwone Fisher

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.



Mr. Bernard Schaefer

Dancing the night away
A Bavarian-style band performs at the 2nd Annual Bitburg Beer festival March 12. The festival takes place each weekend now through April 5. The event opens Friday at 6 p.m. and Saturday and Sunday at 10:30 a.m. Cost is 3 euro Friday and Saturday. Entry is free Sunday. In addition to beer tasting, the event features Eifel-region specialty dishes.

Cochem castle opens for daily tours, 'knightly' dinners during ides of March

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

With the passing of winter and the promise of warmer days, Cochem castle reopens its gates to springtime visitors. The neo-gothic structure, which sits upon a hill 330 feet above the town of the same name, offers guided tours from March 15 through November from 9 a.m. to 5 p.m. daily.

The formidable stone facility is believed to have been built by Count Palantine Ezzo in about 1,000 A.D. For about 150 years, it was passed down through the count's successive generations, according to the castle Web site. In 1151, King Konrad III laid claim to the property and declared it an imperial fiefdom. From then on, the structure housed imperial ministers who ruled the town of Cochem with the title of "Lord of the Castle."

In 1294 King Adolf of Nassau pawned the castle and its surrounding villages to Boemund I of Trier to pay for his coronation as German emperor. It remained the property of successive archbishops of Trier until 1794. During this time, the castle had fallen into the hands of French troops in 1689, who had invaded the Rhine and Mosel areas in the war of the succession of the palatinate. Under the rule of King Louis XIV, the structure was set on fire, undermined and blown up.

The castle lay in ruin until 1868 when Berlin businessman Louis Ravene purchased the land and rebuilt the castle to resemble much of its former glory. Mr. Ravene's family used the castle as their summer home.

Today, the castle features the antique and custom-made furnishings the Ravene family decorated it with more than 130 years ago. Since 1978, the town of Cochem has owned historical castle and its property.

Visitors will find that the tour guides speak German, but translation sheets are available in 12 languages for the 40-minute tour. Group tours, such as those provided through the base Information, Tickets and Tours office, are available in English. Admission costs 4 euro for adults, 2 euro for youth ages 6-17, and 11 euro for families of two parents and up to



File photo by Staff Sgt. Karen Z. Silcott

Members of the 852nd Munitions Support Squadron, Buechel Air Base, Germany, take part in a dining-in at Cochem Castle in October. The castle holds medieval dinners each Friday at 6 p.m. and Saturday at 7 p.m.



File photo by Staff Sgt. Karen Z. Silcott

Cochem castle is located about 45 minutes from Spangdahlem Air Base.

three children.

Before or after the tour, visitors can get a bite to eat at the castle restaurant, which is open daily from 9 a.m. to 6 p.m. Visitors can choose an indoor table or dine on the patio overlooking the Mosel river.

Visitors interested in experiencing Cochem castle at the height of the medieval ages can attend a four-hour dinner each Friday at 6 p.m. and each Saturday at 7 p.m. Cost of 39 euro includes a bread and lard appetizer, hot and spicy soup, poultry drumsticks, cheese, grapes, nuts and biscuits. The evening entertainment features jesters, period music, torture instruments, "show and tell" and a traditional knighting ceremony. Tickets must be booked in advance by calling 02671-255 or e-mailing reichsburg-cochem@t-online.de.

ITT also offers castle tours and medieval dinner trips. The trips include transportation to and from Spangdahlem Air Base and the Bitburg Annex. An April 6 "castles of the Eifel" tour, which includes tours of Cochem castle, Burg Eltz and Burg Pyrmont, costs \$39 for adults and \$34 for children. The next ITT sponsored medieval dinner takes place April 26. Cost is \$69 per person.

For more information on Cochem castle, visit the Web site at www.burg-cochem.de.

Low carb diet may result in higher health risks

Compiled by 52nd Aerospace Medicine Squadron Health and Wellness Center staff

For many, a diet with meat and cheese dominating the menu and vegetables low on the must-eat list is a dream. Although some people seem to lose weight quicker by maintaining a low carbohydrate diet, shunning foods high in fiber and vitamins may result in a increased health risks.

The following are the top 10 increased health risks associated with a long-term low carbohydrate diet:

1. Heart disease -- Diets high in saturated fat increase artery-clogging cholesterol deposits.
2. High blood pressure -- Fruits, vegetables and low-fat dairy products can reduce the risk of high blood pressure.
3. Cancer -- Diets low in fruits, veggies and grains, may also be low in vitamins, minerals, phytochemicals and fiber. Diets high in fat and animal protein are also associated with higher cancer risks.
4. Birth defects -- Fortified grains and fruits are good sources of folate, which prevents some birth defects.
5. Increased risk for osteoporosis -- Diet may be shy of calcium-rich, low-fat milk and dairy foods, which is important for building bones.

6. Increased risk for kidney stones and gout -- Low carb diets, which are high in protein, can contribute to the formation of kidney stones and gout symptoms.

7. Constipation is likely -- Fruits and vegetables provide additional moisture and fiber to the diet. Cutting these out can result in dehydration and constipation.

8. Bad breath -- Low carbohydrate diets can put the body in a state of ketosis. Ketones can be smelled on the breath, which is similar to a combination of rotten pineapple and nail-polish remover.

9. Dehydration -- A low carb diet causes ketosis and is high in protein, and both conditions require extra water for the kidneys to filter the extra waste products. Much of the weight lost is muscle and water.

10. Possible fainting or dizziness -- Dehydration and a low carbohydrate count can affect the sympathetic nervous system, causing dizziness or fainting and may result in difficulty concentrating.

The best way to get in shape is to maintain a well-balanced diet, low in fats and sugars, but high in nutritional value. The HAWC offers classes and one-on-one counseling on weight loss and fitness. For more information, call 452-WELL.

Food guide pyramid

The U.S. Department of Agriculture, Center for Nutritional Policy and Promotion, suggests people choose the recommended number of daily servings from each of the five major food groups. Doing so helps ensure people get the all the nutrients needed for optimal health. For more nutrition information, visit the U.S.D.A. Web site at www.health.gov/dietaryguidelines.

Bread, cereal, rice and pasta
-- Eat six to 11 servings.



Vegetables -- Eat three to five servings.
Fruit -- Eat two to four servings.



Meat, poultry, fish, dry beans, eggs and nuts -- Eat two or three servings.



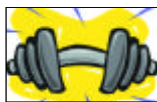
Milk, yogurt and cheese -- Eat two or three servings.



Fats, oils and sweets -- Use sparingly.



Sports Shorts



File photo by Staff Sgt Karen Z. Silcott

Pressing matters

Senior Airman Les Whitehead, 52nd Services Squadron, instructs Staff Sgt. Daniel L. Lee, 52nd Aircraft Maintenance Squadron, on the proper techniques of incline chest pressing. Beginning April 3, the Spangdahlem Air Base fitness center offers weight training classes each Thursday at 8 a.m. and 2 p.m. Call the center at 452-6496 to register or for more information.

Tuesday at 9 and 11:30 a.m.; Wednesday at 5:30 a.m. and 5:30 p.m., Thursday at 9 and 11:30 a.m., and Friday at 6 and 11:30 a.m. Call the center at 452-6634 to register.

■Microfit fitness analyzes are available each Tuesday and Thursday by appointment.

■Beginning racquetball lessons offered by appointment.

Powerlifting

The 100th Area Support Group Powerlifting Invitational takes place March 29 at 10 a.m. in the Hohenfels Olympia fitness center, building 47. Call Mr. Randy Mayer at 475-7137 for details.

Eifel Mountain golf

The course simulator is open through the winter. Players use regular golf equipment. The simulator offers play from tee to range to the rough on a golfer's choice of four world-famous golf courses. Cost is \$10 per hour.

Bowling

Eifel Lanes Bowling Center is located in Spangdahlem Air Base building 300. Call the center at 452-6217 for more information.

■Eifel Lanes shoot out, Saturday at 2 p.m. Entry fee is \$40 per bowler. Grand prize is \$500.

■Color pin bowling, each Friday at 6 p.m. Participants win prizes when bowling a strike on special pins.

■Glo-bowling, each Saturday at 6 p.m.

■Family day, each Sunday from noon to 5 p.m. The event features discount games and free shoe rentals.

■Deployed spouses family day, each Monday from 11 a.m. to 10 p.m. Families of deployed military members can bowl for \$1 per game.

Youth sports news

The Spangdahlem AB youth sports program office is located in building 427. The Bitburg Annex youth sports program office is located in the fitness center. Call 452-7545 for details.

■The baseball and softball season begins in April. Youth sports program officials seek volunteers to help prepare the Spangdahlem AB youth center fields April 5 at 10 a.m. Activities include mowing, raking, spreading dirt, painting dugouts and more.

■Youth baseball and softball meetings take place April 5 in building 427 at the following times: T-ball, 9 a.m.; Little League baseball, 10 a.m.; Big League baseball, 11 a.m.; softball, noon.

■The 2003 European Youth Wrestling Championships take place March 29 at 9:45 a.m. in the base fitness center.

Fitness center news

The following activities take place at the Spangdahlem Air Base fitness center. Call 452-6496 or 452-6634 for details or to register.

■Aerobics classes take place the following days and times:

Interval training -- Monday at 6 a.m.

Legs, arms and butt -- Monday at 9 a.m., Tuesday and Friday at 6 a.m. and Wednesday at 5:30 p.m.

Step -- Monday at 11:30 a.m. and Wednesday at 9 a.m.

Pump -- Monday at 5:30 p.m. and Wednesday at 11:30 a.m.

Kickboxing -- Tuesday at 5:30 p.m.

Circuit -- Friday at 5:30 p.m.

■Spinning classes take place weekly in the Spangdahlem AB fitness center. Hours are Monday and Friday at 6 a.m., 11:30 a.m. and 5:30 p.m.;

Eifel Sharks clock best swim times in championships

By Lisa Larkin
Eifel Sharks swim team volunteer

This past month the Eifel Sharks swim team ended their season with a splash. The team participated in the European Forces Swim League Championships Feb. 16 in Munich. Competitors were able to compete in the 50-meter pool used for the 1972 Munich Olympics. Some 550 swimmers from bases all over Europe, along with a few international schools, began the meet with a parade of teams and officials. Coach Jason Vitruis showed his team spirit by sporting a hairdo in Eifel Shark blue.

As has been the goal of our swimmers throughout the season, the team beat their previous times. The all-girls relay team of Amber Espinoza, 13; Alyssa Darden, 13; Ashley Sandau, 14, and Amy Huguen, 16, competed in two relay events. Although the girls had only competed as a swim team once before, they beat their previous time by 14 seconds in the freestyle relay.

Another Shark relay team consisting of Everett Plocek, 6; Nina Plocek, 10; Alexandra Andren, 10, and Sanna O'Sullivan, 11, competed for the first time as a team. The girls turned in a winning performance and took first place in the freestyle relay.

Eifel Sharks officials and volunteers congratulate the girls for their determination to the sport and dedication to the team.

The Eifel Sharks make waves next September. Youth interested in being part of the team or adults interested in coaching or helping with administrative duties can contact Tiina O'Sullivan at e-mail TiinaLV@aol.com or 06563-960742 or Teodoro Espinoza at e-mail Teodoro.espinoza@spangdahlem.af.mil or 06553-900427.

